EXHIBIT F

Management Biographies

CYPRESS MANAGEMENT BIOGRAPHIES

Robert D. Shingler

President & Chief Executive Officer

Bob Shingler joined Cypress Communications in July 2005, bringing more than 25 years of global communications experience to the company. Bob has spent his entire career leading technology companies into profitable, highly regarded ventures using a win-win combination of vision, direction and results.

During his career, Bob has lead ventures ranging from venture backed technology startups to national telecom providers. Most recently, he served as President of Broadwing Communications, the nations only all optical network delivering voice, data and video services to businesses throughout the country. As President, Bob developed and executed an aggressive turnaround strategy which brought the business to breakeven and resulted in the successful sale of the company.

Bob has also served as Chairman & Chief Executive Officer of Albion Connect, an emerging software provider to the telecom industry, President of Steadfast.net, a venture backed technology startup, and Executive Vice President and Deputy CEO of Sonofon A/S, a national cellular communications provider in Denmark. He began his career at BellSouth where he spent 15 years in various executive and senior management positions both in the United States and abroad.

Bob holds an MBA in Finance from Georgia State University and BS in Business and Computer Science from Vanderbilt University.

Salvatore W. Collura

Executive Vice President - Customer Care & Operations

Sam joined Cypress Communications in February 2002 as its Executive Vice President of Field Operations and was name C.O.O. in June 2004. He has more than 25 years of sales and operations management experience in the telecommunications industry, and was most recently the Executive Vice President of Convergent Communications' Voice Division. During his 17 years at Tie Communications, Sam held various regional and national positions in sales and general management and consistently earned top sales honors and awards. Prior to its acquisition by Convergent, Sam was a regional VP/GM for Tie Communications. He has a BS in Business Administration from the University of Nebraska at Lincoln.

Christopher S. Rothlis

Executive Vice President - Network

Chris Rothlis is an industry veteran with over 26 years of telecommunications experience. Most recently, Chris served as Vice President of Engineering for PointOne Communications, a leading Voice over IP provider, where he managed the creation of business and residential VoIP product

sets. Prior to PointOne, he served as Vice President of Engineering and Network Operations at Broadwing Communications where he oversaw the deployment of the nation's only all-optical network. Chris also held senior positions at MCI in engineering and software development where he helped deploy several of that company's most profitable products including 1-800-COLLECT and Operator Services. Chris served four years in the United States Air Force, and he earned a Bachelors of Science in Business Administration from Regis University, Denver, where he graduated Summa Cum Laude.

John A. Bushfield

Senior Vice President - Human Resources

John is a senior executive with over 25 years of experience in all aspects of Human Capital Management. John's background includes developing the Human Resource function at MindSpring Enterprises, an Atlanta-based Internet service provider. Previously, John served as Vice President of Human Resources at Medaphis Corporation, an Atlanta-based company serving the Healthcare industry where he built the HR team to support the company's growth, from 300 to over 10,000 employees in 400+ offices in less than 6 years. John has also served as Vice President and Chief People Officer for NetEffect Corporation and held senior positions with the Data General Corporation and Automatic Data Processing. And he has an additional 6+ years of labor relations experience in the trucking industry. John holds a bachelor's degree from George Washington University and is a decorated Vietnam veteran. He currently serves as Chairman, Board of Trustees for the Downtown Child Development Center and as a Director for ProSelect Inc.

Thomas J. Francis

Senior Vice President - Customer Care

Tom joined Cypress Communications in April 2003 as Senior Vice President of Network Operations and has more than 25 years of experience in the telecommunications industry. Most recently, Tom served as Vice President of Teleconnex Solutions, providing telecommunications operational consultative services for small and medium sized businesses. Tom's significant experience in telecom is a direct result of holding various senior management positions within the field sales and operations as well as corporate support at Tie Communications and Convergent Communications.

Peter W. Pamplin

Vice President & Corporate Controller

Peter joined Cypress Communications in March 2004 as its Vice President & Corporate Controller. Peter has over 25 years of financial and accounting experience in several telecommunications and software companies. Prior to joining Cypress, Peter held similar executive positions at Lectra USA, Verso Technologies, Syntellect, Inc., and American Software. Peter received his MBA in Finance and his BS in Biochemistry from Virginia Polytechnic Institute & State University in Blacksburg, VA.